

Figure S1. CONSORT flow diagram for this randomized crossover trial of the effects of mild SR on glucose metabolism in women.

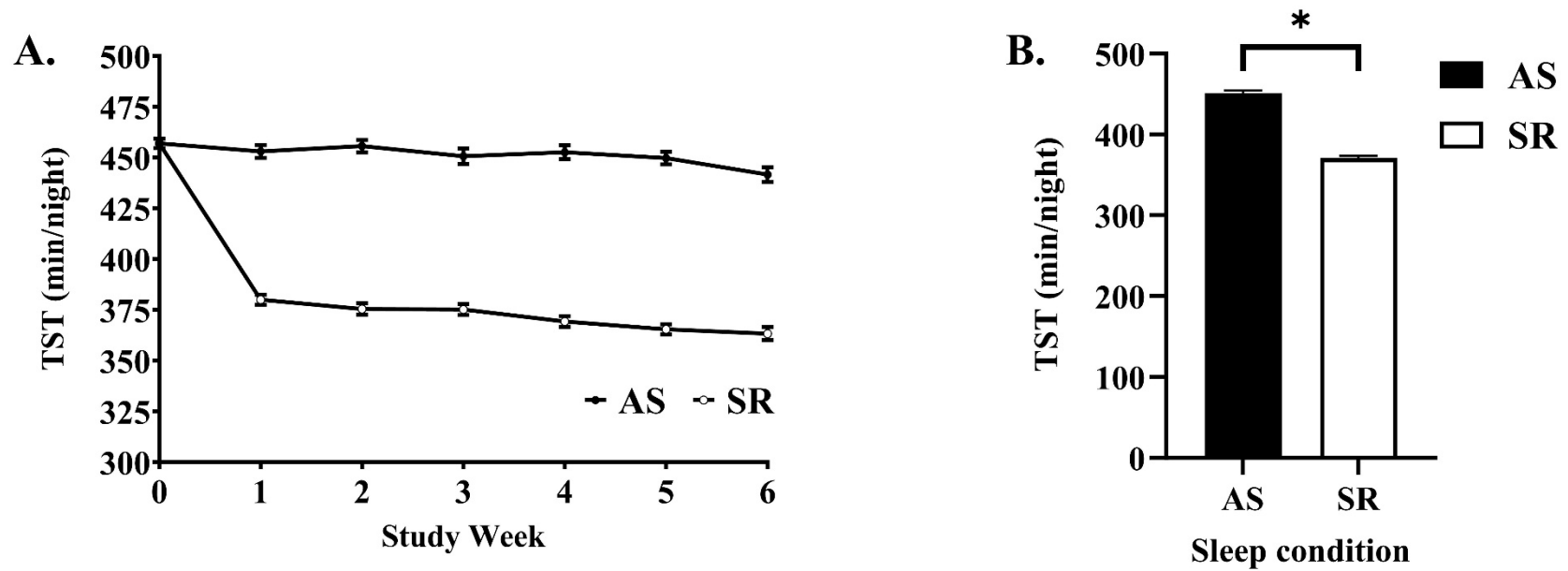


Figure S2. Nightly total sleep time (TST) among all women under conditions of adequate sleep (AS; black circles, bars) and mild sleep restriction (SR; white circles, bars). Panel A illustrates the mean \pm SEM of TST across days at baseline and each study week, by condition. Panel B illustrates the least squared means \pm SEM for the main effect of linear models adjusted for baseline values. Results show that baseline-adjusted total sleep time was significantly reduced in SR relative AS ($\beta = -80.7 \pm 2.3$ min/night, $p < 0.0001$).